Alzheimer’s Association – Tips for Dementia Care

- Tips for dementia caregivers at home
- Residential facility has an incidence of COVID-19
- Tips for individuals receiving home-based services
- Staying healthy
- Tips for caregivers of individuals in a residential care setting

More info available at: Covid-19 Tips for Dementia Care

Upcoming webinars –

Community education programs are now online! Learn from the comfort and safety of your own home. Each free webinar is held live with time for Q&A. Full program descriptions and registration is available on their website. Or call 800.272.3900.

- Introduction to Alzheimer’s – Jan 7, 10 – 11:30 am
- Living with Alzheimer’s: For Caregivers/Early Stage - Part 1, Jan 11, 12 – 2 pm; Part 2, Jan 18, 12 – 2 pm
- Understanding Alzheimer’s and Dementia – Jan 6, 3 – 4:30 pm; Jan 13, 3 – 4:30 pm
- Lo Básico – Jan 14, 4 – 5:30 pm
- 10 Warning Signs of Alzheimer’s – Jan 20, 10 - 11:30 am
- Healthy Living for Your Brain and Body – Jan 5, 1 – 2:30 pm; Jan 26, 2:30 – 4 pm
- Understanding & Responding to Dementia-Related Behavior – Jan 29, 9 – 10:30 am
- Effective Communication Strategies – Jan 12, 12 – 1:30 pm
- Dementia Conversations – Jan 22, 1 – 2:30 pm
- Legal and Financial Planning for Alzheimer’s – Jan 27, 4:30 – 6pm
- When Living at Home is No Longer an Option – Jan 28, 1 – 2:30 pm

The following are other supportive services offered virtually....
• “Wellness Wednesday” webinar series
  o Starting January 13, the Alzheimer’s Association is partnering with UW Memory & Brain Wellness to offer Wellness Wednesdays, a free webinar series for people living with memory loss and their families.
  o More info below or by visiting alzwa.org/wellness.

• Local Virtual Support Groups
  o Many support groups are now meeting over the phone or online. Interested people can contact facilitators directly to learn how specific groups will be held. Click for more information on support groups.
  o New in January! An LGBTQ caregiver support group is now being held online the third Thursday of each month from 6:30-8:00 p.m.
  o Find list of support groups/leaders as of January here SCHEDULE.

• Washington State Chapter Website alzwa.org Alzheimer’s Association, national alz.org
• Summary of current resources at AlzWA Blog: our blog post summarizes what the Alzheimer’s Association is currently doing to support people in Washington state.
  o 6 Ways to Help a Dementia Caregiver
  o Self-Care Tips for Dementia Caregivers

The Alzheimer’s Association 24/7 Helpline is open to all callers anytime, day or night. Call 1 (800) 272-3900.

UW Memory and Brain Wellness Center

Community Events & Programs

As part of our mission to promote the well-being of persons living with memory loss and their families, the Memory & Brain Wellness Center offers a variety of community events and programs. Note that in-person events are temporarily on hold during the COVID-19 outbreak. We have adapted some of our programs to take place virtually (online, phone or video). We also offer a new menu of virtual support, education and engagement opportunities especially tailored to living well with memory loss/dementia, or caregiving, in the midst of the COVID-19 outbreak. Please see below. For more information, please contact program manager Marigrace Becker at mbecker1@uw.edu or (206) 744-2190.

Continued >
*NEW* Virtual Support, Education & Engagement in the time of COVID-19

Virtual Coffee Chat for persons with memory loss/dementia
Make a cup of coffee or tea and come together for an informal social time with others living with memory loss or dementia. Share how you're coping in the midst of COVID-19, and reflect on a different theme each week. Participate online or by phone, with a free application called “Zoom.” Facilitated by program manager Marigrace Becker.

- Every Tuesday, 10 - 11 a.m. – January 5, 12, 19, 26
- Space is limited; sign up by the day before.

Virtual Caregiver Forums
Every Monday, 10 - 11 a.m., come together with other family caregivers to discuss caring for a loved one in this time of COVID-19. Make meaningful connections, offer mutual support, and discover strategies that work for others. Participate online or by phone, with a free application called “Zoom.” Facilitated by clinic social worker Karen Clay and program manager Marigrace Becker. Join for just one session, or multiple.

- Every Monday, 10 - 11 a.m. – January 4, 11, 18, 25
- Space is limited; sign up by the day before.

Ask About Alzheimer's (Online or Phone)
A new group for students going into grades 6 - 8 who are coping with a loved one with memory loss or dementia. Explore feelings and learn from each other's experience. Group includes a brief overview of dementia and facilitated sharing. Parents or guardians are welcome but not required. Participate online or by phone, with a free application called “Zoom.”

- Every other Wednesday, 4 - 4:45 p.m., starting January 6.
- View flyer or sign up here

Virtual Community Wellness Talks
Join us for a brief presentation and Q&A from 1 - 1:45 p.m. on Wednesdays, on various topics related to “living well” in the midst of the COVID-19 outbreak. These talks are for people with memory loss, family caregivers, and the general public, and feature MBWC providers. Participate online or by phone, with a free application called “Zoom.” Join for just one session, or multiple.

Sign up by the day before. Session topics are below.

- Wednesday, January 6: “Starting the Year Off Right: Tips for Setting and Achieving Your Wellness Goals” with UW MBWC neuropsychologist Dr. Carolyn Parsey. Sign Up Here
- From January 13 onward, we are pleased to announce a new partnership with the Alzheimer's Association: “Wellness Wednesdays.” We will co-present this free weekly webinar series, still from 1 - 1:45 p.m. on Wednesdays. By working together, we aim to diversify the speakers and topics, and reach more people with valuable information on living well with memory loss or caregiving.
• Please register for each talk you would like to attend. Note that your first time registering, you will be prompted to create an account on the Alzheimer's Association website. You can use this account every time after that. After you register, you will promptly receive a confirmation email with Zoom link.

• **Wednesday, January 13:** “Resources for Helping Youth Cope with Dementia in the Family” with Dr. Aimee Le-Huyhn McArthur, UW psychiatry resident. [Sign Up](#).

• **Wednesday, January 20:** “Living with Alzheimer's: Younger Onset, Part 1” with Ene Gaines, Alzheimer's Association. Join to get answers to the questions that arise for people diagnosed with dementia age 65 or younger. [Sign Up](#).

• **Wednesday, January 27:** “Living with Alzheimer's: Younger Onset, Part 2” with Ene Gaines, Alzheimer's Association. A continuation of the previous week's session. [Sign Up](#).

View past Community Wellness Talks on UW YouTube channel, [here](#).

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**UW Memory & Brain Wellness Center - Community Programs**

**Memory Loss: A Guide to Next Steps - Offered Virtually (Online or Phone)**

Have you recently been diagnosed with mild cognitive impairment or dementia? Join us for this introductory class. Get your questions answered by an expert panel including peer mentors who share strategies for living well with memory loss, and a medical provider from the UW Memory & Brain Wellness Center.

Learn more about the resources in our handbook, Living With Memory Loss, and some helpful websites. You'll leave feeling encouraged and more confident for the road ahead. A free program; offered online or by phone via Zoom. 2 - 3:15 every 2nd Thursday of the month.


• Register two days in advance.

**Powerful Tools for Caregivers - Offered Virtually (Online or Phone)**

Taking care of your own needs is essential for the caregiving journey, but how do you find the time or energy? Powerful Tools for Caregivers is a 6-week educational series designed to help you care for yourself while you care for a loved one. Learn about effective communication, making challenging decisions, moving through difficult emotions, getting connected to helpful resources, and more. A free program; offered online or by phone via Zoom.

• Next session begins Tuesdays, March 2 - April 6, 2021; 2-3:30 pm.

• View [flyer](#) or [contact us](#) to be added to the list for future sessions.

**Garden Discovery Walks - Offered Virtually (Video)**

• Enjoy virtual walks through Bradner Gardens and Seward Park, followed by guided art crafts. The Virtual Garden Discovery Walks is an online adaptation of an in-person monthly tour of a garden or park, followed by a nature inspired art craft led by Laura Rumpf, HTR, Registered Horticultural
Therapist. This program is offered by Seattle Parks and Recreation & UW Memory and Brain Wellness Center, with support from Family Resource Home Care.
  - Explore the spring 2020 monthly garden walks and nature crafts available to watch at home.
  - Staying Active & Bringing the Outdoors Inside! Resource List: Virtual Tours, Nature Apps, Home-based Exercise, Live Streams (PDF)
  - The Importance of Nature in Times of Social Distancing by Dr. Carolyn Parsey, PhD, neuropsychologist

**Frye Art Museum – Frye From Home**

The Frye is coming into your home with our digital Creative Aging resources. Have you seen these videos?

Caroline Byrd, Education Coordinator, leads three artwork discussions that explore the theme of “Community: In This Together” featuring compelling works by Helmi Juvonen, Jane Wong, and Cauleen Smith, each of which was chosen to evoke responses to what community may mean to you. Enjoy a summer walk with a family member or friend to collect flowers, bark, or other organic materials for your Tracking Down Texture art-making project with teaching artist Janet Fagan.

Then join the deer and the antelope out on the range with musician Carmen Ficarra in a singalong of western songs—certain to be a rousing good time!

While designed for adults living with dementia and their care partners, these short videos can be enjoyed by all ages. Visit the Frye From Home page to find more ways to engage with the Museum while our doors remain closed, and receive updates about our ongoing plans.

**More Information for Family Caregivers**

- University of Pennsylvania Memory Center “COVID-19 Stay-At-Home Survival Guide” for dementia caregivers includes resources for stress reduction, activities and a sample daily routine.
- Teepa Snow’s Tips for Dementia Caregivers During Covid-19: Roundtables - “Handwashing,” “Surviving Isolation” and “Help! He’s touching every surface” https://teepasnow.com/

**Resources for staying active, connected and calm while at home:**

- Staying Active & Bringing the Outdoors Inside by UW's Dr. Carolyn Parsey offers links to exercise programs, plus livestream from zoo and aquariums, and virtual tours of national parks
- YMCA Health and Fitness videos
- Online museum exhibits including MOMA, Musee d'Orsay, Van Gogh and more
- TimeSlips “Creativity Center” offers at-home arts activities for persons with dementia
- Alzheimer's Poetry Project offers a poem a day, a piece of art, plus a discussion prompt
- Relaxation video series from Family Caregiver Alliance

**Dementia Support Northwest**

- HEAD Talks via Zoom (Health Education About Dementia) – to find out more, [https://dementiasupportnw.org/](https://dementiasupportnw.org/)
- Virtual support groups for caregivers via Zoom (Thursdays, 1- 3 pm) – For information, call (360) 671-3316 or email: alz@dementiasupportnw.org

**Washington’s Family Caregiver Support Program**

- Do you know about Washington’s Family Caregiver Support Program? Staff at local offices throughout Washington are available to help unpaid caregivers of adults who need care. They can give you practical information and advice and connect you to local resources and services that meet your needs.
- Find your local office at this link: [Community Living Connections/Area Agency on Aging or Home and Community Services Office](https://www.cdc.gov/coronavirus/2019-ncov/index.html) OR by calling 1-855-567-0252.

**Centers for Disease Control (CDC) – Information on COVID-19 and keeping yourself healthy**


- DOH Website: [https://www.doh.wa.gov/Emergencies/Coronavirus](https://www.doh.wa.gov/Emergencies/Coronavirus)

**Hearing Loss and Covid-19 Resources**


**King County Crisis Connections**

- Warm line offers peer support for people with emotional and mental health challenges. Call 866-427-4747

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